

Monday Tuesday Wednesday **Thursday Friday** Lentil and chickpea dhal Chicken and leeks with Chicken chowder served Main Beef chilli con carne with Vegetable chow main served with egg free with herby couscous kidney beans served with carrots in a creamy sauce with yellow rice basmati rice served with potatoes noodles Ingredients:, Cous Cous Basmati Rice, Carrots, (Durum Wheat Semolina -Chicken Breast, Dill, Garden Basmati Rice, Baked Beans Carrots, Chicken Breast, Carrots, **Egg Free Noodles** Contains Gluten), Carrots, Peas. Gluten Free Flour. In Tomato Sauce, Beef Mince, Garlic, Gluten Free Flour, (Wheat Flour (With Calcium Potato, Chick Peas, Tomato Gluten Free Low Salt Chopped Tomatoes, Fajita Gluten Free Low Salt Carbonate, Iron, Niacin, Paste, Onion, Lentils, Vegetable Stock (Cornflour, Seasoning, Garlic, Gluten Vegetable Stock (Cornflour, Thiamin), Salt, Paprika -Coconut Milk (Coconut Free Low Salt Vegetable Potato Starch, Onion, Carrot, Potato Starch, Onion, Carrot, Contains Gluten), Ginger, Extract, Guar Gum, Xanthan Peas, Tomato Powder, Black Stock (Cornflour, Potato Peas, Tomato Powder, Black Gluten Free Low Salt Gum), Sunflower Oil, Pepper, Parsley, Turmeric, Starch, Onion, Carrot, Peas, Pepper, Parsley, Turmeric, Vegetable Stock (Cornflour, Coriander, Cumin, Curry Salt), Ground Black Pepper, Tomato Powder, Black Salt), Ground Black Pepper, Potato Starch, Onion, Carrot, Powder (Contains Mustard). Lemon Juice, Onion, Parsley, Pepper, Parsley, Turmeric, Lemon Juice, Onion, Peas, Tomato Powder, Black Ginger, Ground Black Pepper, Salt), Ground Black Pepper, Potatoes, Salt, Single Cream Potatoes, Salt, Single Cream Pepper, Parsley, Turmeric, Paprika Kidney Beans, Mixed Herbs -(Contains Milk), Smoked (Contains Milk), Sunflower Salt), Green Beans, Mixed Dried, Mixed Peppers, Onion, Paprika, Sunflower Oil, Oil. Sweetcorn. Turmeric Peppers, Mushrooms, Olive 0 Smoked Paprika, Sunflower Tumeric Oil, Onion, Red Lentils Oil, Sweetcorn **(D) (D)** 0

Allergens Key

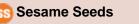


G Gluten



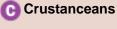








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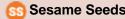














Dessert

Date and apple flapjacks

Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Date, Golden Syrup, Porridge Oats (Contains Oat & Gluten)



Fruit yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar



Juicy courgette and carrot cake

Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Grated Carrots, Grated Courgette, Butter (Contains: Milk), Vegetable Oil, Egg, Pinch Of Sugar, Maize Starch, Cinnamon, Spice Extracts









Fresh fruit

Ingredients:, Fresh Fruit

Beetroot and chocolate cake

Wheat Flour (Contains Gluten), Soya Flour, Beetroot, Butter (Contains: Milk), Vegetable Oil, Egg, Cocoa Powder, Pinch Of Sugar









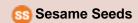
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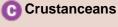








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Fish



